



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 09100, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

Report Date: June 30, 2017 05:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g
Proximates					
Water	g	80.40	204	0.064	199.39
Energy	kcal	73	--	--	181
Energy	kJ	305	--	--	756
Protein	g	0.39	129	0.004	0.97
Total lipid (fat)	g	0.07	91	0.003	0.17
Ash	g	0.23	134	0.002	0.57
Carbohydrate, by difference	g	18.91	--	--	46.90
Fiber, total dietary	g	1.0	--	--	2.5
Sugars, total	g	17.91	--	--	44.42
Minerals					
Calcium, Ca	mg	6	102	0.120	15
Iron, Fe	mg	0.29	160	0.010	0.72
Magnesium, Mg	mg	5	85	0.056	12
Phosphorus, P	mg	11	105	0.117	27
Potassium, K	mg	88	120	1.261	218
Sodium, Na	mg	6	140	0.241	15
Zinc, Zn	mg	0.08	47	0.002	0.20
Copper, Cu	mg	0.069	47	0.003	0.171
Manganese, Mn	mg	0.144	--	--	0.357
Selenium, Se	µg	0.5	--	--	1.2
Fluoride, F 1 2 3	µg	9.2	12	2.996	22.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g
Vitamins					
Vitamin C, total ascorbic acid	mg	1.9	247	0.038	4.7
Thiamin	mg	0.018	105	0.000	0.045
Riboflavin	mg	0.019	108	0.000	0.047
Niacin	mg	0.374	129	0.013	0.928
Pantothenic acid	mg	0.060	3	0.003	0.149
Vitamin B-6	mg	0.050	1	--	0.124
Folate, total	μg	3	--	--	7
Folic acid	μg	0	--	--	0
Folate, food	μg	3	--	--	7
Folate, DFE	μg	3	--	--	7
Choline, total	mg	3.7	--	--	9.2
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	10	--	--	25
Retinol	μg	0	--	--	0
Carotene, beta	μg	104	--	--	258
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	39	--	--	97
Vitamin A, IU	IU	205	262	3.270	508
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	75	--	--	186
Vitamin E (alpha-tocopherol) ⁴	mg	0.40	1	--	0.99
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ⁴	mg	0.00	1	--	0.00
Tocopherol, gamma ⁴	mg	0.00	1	--	0.00
Tocopherol, delta ⁴	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) ⁵	μg	2.6	1	--	6.4
Lipids					
Fatty acids, total saturated	g	0.010	--	--	0.025
4:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.007	--	--	0.017
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.013	--	--	0.032
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.013	--	--	0.032
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.077
18:2 undifferentiated	g	0.027	--	--	0.067
18:3 undifferentiated	g	0.004	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

²Stephen Adair, Dennis Leverett, Carol Shields Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community, 1991 Journal of Food Composition and Analysis 4 pp.216-226

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

⁴Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

⁵S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579